

The NIDDK Fellows Newsletter

October 2008

Upcoming Events

Job Fair

October 16 2008
8:00 am – 3:00 pm
Natcher Auditorium
Cost: **Free**

Grant Writing 102

Nov. 3, 10 and 17
10:00 am - 12:00 noon
Building 12B, 2nd Floor Conference Room
Cost: **Free**

Register by contacting Lorraine Moore
LorraineM@intra.niddk.nih.gov (301-496-6685)

NIDDK Fellows Career Development Seminar

The Science and Business of the Pharmaceutical Industry
Angelo Del Parigi, M.D.
Pfizer Inc.
Wednesday, October 29th
12 Noon
Bunim Room, Building 10 (9S-235)
Cost: **Free**

FelCom Social

Turkish Festival and Jazz
Sunday, October 5

FelCom Happy Hour

Flanagan's Harp and Fiddle
Wednesday, October 8

NIDDK Fellows Happy Hour

BlackFinn
Wednesday, October 22

For more information on social events contact Chaya Pooput:
poopute@niddk.nih.gov

The Fellows Advisory Board (FAB) in collaboration with the NIDDK Fellowship Office has started a monthly newsletter to announce events and news. If you would like to help write articles for the newsletter or have an idea for what should be included please contact rasika@niddk.nih.gov.

A conversation with Dr. Lori Conlan

Dr. Lori M. Conlan is the director of the Office of Postdoctoral Services (OPS), a division of the Office of Intramural Training & Education (OITE). She is a trained biochemist and obtained her PhD from Texas A&M University. After several years of postdoctoral research at the Wadsworth Center, NYS Department of Health, she transitioned from the bench to focus on career issues for scientists. She started as the director of Science Alliance at the New York Academy of Sciences. She joined NIH in 2008. I sat down with her to talk about OPS, the upcoming job fair and more.



Dr. Lori Conlan

Director
Office of Postdoctoral Services
Dr. Conlan can be reached at
301.435.7231 and
conlanlo@mail.nih.gov

Rasika Kalamegham: Why did you join NIH?

Lori Conlan: I wanted to have localized impact on a targeted group (bio-medical researchers). I felt my background in the Life Sciences was a better match to serve postdocs here at NIH rather than a larger, more diverse group of scientists from varied fields (physicists, chemists...) whom I worked with while at my previous position. I really see my job as helping you find the job that you want.

RK: Since we're on the subject- the big event coming up is the Job Fair. What is your advice for Fellows to ace the job fair?

LC: This year the job fair is being organized by Rockville Economic Development Inc. About 40 recruiters are attending, so it is a great opportunity for Fellows who are currently in the job market. You will have to pre-register (<http://techcouncilmd.com/postdoc/index.html>).

My advice to you is to do your homework. Have your plan of attack ready (who you need to talk to and who you don't). Check out individual company websites, learn about the companies and make sure that your skill set matches what they are looking for. Spend your time at the booths where you know your skill set will be valued rather than lining up

where everyone else is. Just because a big name company has a booth may not mean they have an opening to fit you.

Be prepared with several copies of your resume.

If there is a specific job you are applying for make sure to put the vacancy number on top of your resume. Talk to a recruiter (make sure to get their name even if you can't get a card- you can look them up later) and let them know that you bring XY and Z skills that fit the job and follow up through e-mail within a day.

Try and mention something personal in the e-mail so the person remembers you.

Finally, make sure you are professionally dressed and wear comfortable shoes!

RK: What about someone who isn't quite ready to hit the job market yet?

LC: Ah well - then you should have a different approach. Try and make contacts at firms where you see yourself in the next few years.

The kinds of questions you might want to ask are –

How do you see the company changing in the next 2-3 years? What do you think the focus of the company will be in 2-3 years? Etc.

You should try and set-up an informational interview.

RK: We've talked about the job fair- but in general what advice do you have for Fellows as they start thinking about their career aspirations?

LC: Be honest with what you want. Don't try to meet someone else's expectations for you. Think hard about what career will really make you happy. Then think about the skills you will need for that job and how to go about acquiring those. Take advantage of all that OITE has to offer, explore our website

(<http://www.training.nih.gov/trainees/toolkit>), and get ideas and tips from us.

I know it is easier said than done and bench-work, writing papers, going to conferences all get in the way but take time for developing your career. Try to follow Peter Fiske's 80-20 rule – spend 80% of your time on your current job and 20% on getting your next job.

*Rasika Kalamegham
IRTA fellow
LCDB*

DDK Teams in the Annual Institute Relay



The first leg of the relay begins

NIDDK fielded two teams for the 25th Annual NIH Relay that took place on September 18, 2008. The race features five-person teams with each individual running a half-mile loop around Building 1. The weather could not have been nicer which certainly helped bring out a good crowd all along the route. As in past years, Randy Schools (OD/ORS) was instrumental in coordinating the day's events and continued to do so with this year's Silver Anniversary of the Institute Relay.

The Laboratory of Molecular Biology (LMB) was represented in the first heat by team "Zincing Outside the Box" captained by Barbara Amann and included Debdip Ghosh, Becky Kelly, and Jason Wan, along with their PI, Jeremy Berg.

"It is a lot of fun for the whole group to participate in the relay," said Becky, a two-time relay veteran. Team "Kiss Meiosis" was captained by Victor McAlister of the Laboratory of Molecular and Cellular Biology (LMCB), who led Cara Heller, Ben Blumberg, Frank Shewmaker, and Alexandria Greenler in the second heat. This is the second year in a row "Kiss Meiosis" has fielded a team.

"The relay race represents three core traits exemplified by employees of the NIH. These are commitments to community, teamwork, and of course healthy living," points out Ben. These ten participants competed with over 350 runners comprising 73 teams from 22 Institutes. Team "Proud Snail Hunters" (NLM/NCBI) came in first with a time of 13:58. Not far behind was "Kiss Meiosis" with a time of 17:02, and coming in with a time under 20 minutes was "Zincing Outside the Box". Way to go DDK!

"Zincing Outside the Box"

From left to right: Becky Kelly, Jeremy Berg, Barbara Amann, Debdip Ghosh, Fujuan Yu, and Jason Wan.



*Jason Wan
IRTA fellow
LMB*